Jennifer Winn is the new Clerical Assistant III for Student Health Services. Jen earned her Associates Degree in Letters, Arts and Science from Antelope Valley College and her B.A. in Psychology from Bradman University. Jen has a background working in the mental health field on both a school site and in resource and out-reach.

She has also spent many years working front desk operations in dentistry. Jen has been very excited to begin her role as the clerical assistant in such an exciting and energetic department that helps link and connect students to the many different services ranging from mental health to dental, and providing the forum to help educate the students with all of the activities and events provided by the Student Health Services office.

For more information about any activities or events facilitated by Student Health Services, please stop by SSV 180 or call (661) 722-6300 ext 6683.
**Goals**

The Jigsaw activity uses home groups and expert groups provides students the opportunity to learn from one another as each student becomes an expert on an aspect/area of a given topic, which they then present to other students to ultimately cover the topic in its entirety.

**Uses**

Use this activity when discussion of new information is desired, but time is limited or the target text/content to be covered is especially dense. The Jigsaw structure also provides an opportunity for scaffolded inquiry with accountability.

**Instructional Steps**

1. Divide students into small groups (home groups). The number and size of the home groups is determined by the number of sections of the text to be read or the number of concepts to be introduced/reviewed.

2. Assign each home group member a number that corresponds to the section of the text to be read or to the concept to be mastered. Each member of a given home group is responsible for reading one part of the whole text or for mastering one of the assigned concepts. Each home group should have a member assigned to 1, another member assigned to 2, and so on.

3. To start, ask students to leave their home groups and form expert groups with other students who are assigned the same number.

4. Ask each expert group to read/review its assigned part of the larger topic. Expert group members assist each other with questions, clarifications, and summaries as they read/review information. Encourage students to take notes during this process. Ultimately, expert group members will return to their home groups as specialized experts. To prepare for that, each student should have an opportunity to rehearse and teach the lesson to the other expert group members.

5. Signal students to return to their home groups to teach other members about their specialization (i.e., to share what they learned in their expert groups).

6. Instruct home groups to synthesize the lessons from each expert group into a comprehensive understanding of the whole text or topic by summarizing the main ideas of each section/concept and identifying how all the parts are related. (The synthesis of compartmentalized information into a bigger picture is analogous to assembling a jigsaw puzzle, hence the activity name.)

7. Students reassemble as a whole class and share their responses and thoughts.

8. Debrief after the jigsaw to address both process and content.
Meet our mentor of the month!

Vicky Sanchez is a 1st generation college student studying Social & Behavioral Sciences. She plans to graduate in June and transfer to Cal State Bakersfield to continue her education with a major in Sociology. She intends to pursue a career as a community college counselor. Being a former tutor and current FYE peer mentor, Vicky says she found her passion in life by helping all students in the areas of academic achievement, personal/social development and career development, ensuring today’s students become the productive, well-adjusted adults of tomorrow.

Are you a FYE alumni and are you getting ready to graduate? Please let us know! We want to honor you! Visit this link to inform us that you will be attending commencement!

https://docs.google.com/a/avc.edu/forms/d/e/1FAIpQLSc-kp-YcYKe8IA8GPANk8V-8CWBIdv3CfE6AdSk_DivSPE9-Q/viewform

March Events and Activities:

- 03/03/2017—FAFSA Deadline
- 3/02/2017—Dr. Seuss, Hats off to Reading LC 113
- 3/03/2017—Deadline for Scholarship Application
- 3/14/2017—I Am Not My Hair Part 2
- 3/16/2017—Lunch and Learn Series
- 3/20/2017 Eyes Of Freedom
- 3/21/2017—Mid Semester Check—In

MARCH AVID STRATEGIES FOR SUCCESS: JIGSAW

Kick start your preparation for midterms! Host a study group with your classmates and make life a little easier while increasing the odds of success on your upcoming exams!

Content continued on the next page...
Healthy eating does not have to be hard. Here are some tips to help you eat and prepare your foods in a healthier way.

- Eat a healthy breakfast daily.
- Add a fruit or a vegetable to every meal.
- Drink water with your meals instead of juice or soda.
- Eat smaller portions.
- Avoid vending machines with chips and other types of junk food.
- Pack a healthy lunch and snacks like fruits, vegetables, nuts, and whole wheat crackers.
- When having a salad, have the dressing on the side.
- Grill, bake, or steam your food instead of frying.
- Use less butter, and cut back on use of oils, or added fats while cooking.
- Plan a meatless meal at least once a week. Make a shopping list for when you go shopping for food, and never shop while hungry.
- Read the labels, this will help you choose foods that are lower in sodium, fats, and added sugars.
- Turn off the tv or computer while eating, this can help prevent you from overeating.
- Eat slowly. Stop eating when you are full and don’t go back for seconds.
- When you go out, either share the meal with a family member, or take half home for lunch the next day.

For more information or more healthy eating tips go to:
https://www.choosemyplate.gov/

ASO Hearts and Hands Pantry

ASO Hearts and Hands Pantry is currently accepting applications. Applications are open to all current students that are in need of nutritional assistance. For questions, applications or more information about the program, please stop by SSV 180.
Student Nurse Association Club Event

Bags for Kids
Charity Drive/Fundraiser

Hosted by:
Student Nurses Associated Club Spring 2017
Through April 15, 2017

Bags for Kids is a nonprofit organization that provides "comfort bags" to displaced children who may have been neglected, abandoned or abused.

"The majority of the children placed in foster care come into the system with the clothes on their backs & nothing more. It is a wonderful blessing to be able to provide them with toiletry items, blankets, small toys, diapers, school supplies & other age appropriate necessities."

-Joyce D., social worker

Take items to Ms. Dickinson in the nursing skills lab (Health and Sciences Building RM 209)

You can help by donating items to a child in need:

Sample Size
Personal Care Products (deodorant, lotion, shampoo, perfume/toothpaste)
School supplies (writing pens, crayons, journals)
New or gently used bags (diaper bags, backpacks, and totes)
Spiral Note Books/Composition books/Coloring books
Hair brush/comb/toothbrush
Playing cards/reading books

For a complete list of items or to make a contribution please contact a student nurse.
silbera@avc.edu;scarra@avc.edu; sbuss@avc.edu

Veterans Resource Center Event

March 9, 2017

UCLA CCCP Program
9am-2pm Check AVC email for location update

UCLA’s CCCP Program connects interested transfer students from historically underrepresented backgrounds to UCLA. Get info about scholarships, mentorship, & special on campus events.

CSU Northridge Day
10am-1pm @ Library Plaza

Meet representatives from Financial Aid, Students with Disabilities Office, Housing, Veterans Office, Outreach, and degree programs that includes: Business & Economics, Arts, Media & Communication, Liberal Studies, and much more!

Information Workshop & Advising
10am-2pm @ Learning Center 114

Learn about the transfer guarantee to this HBCU, and admitted on the spot! Apply online and use the application fee waiver code: NSUTRANS
Bring your official or unofficial transcripts. Must have a minimum GPA of 2.0 and complete 12 transferable units. No appointment needed.

Recruiter Advising
9am-3pm @ SSV101 Transfer Center

Make an appointment to speak one on one with our new CSUB advisor and get answers directly from the source.
Call 661.722.6300, ext 6343 or go to SSV101

Upcoming Job Placement Events

JOE FAIR READY WORKSHOPS ROOM T503A
MARCH 15, 2017
9AM AND 4PM

MARCH 16, 2017
9AM AND 4PM
Must register in the Job Placement Center SSV 171 or Community Education T503

22ND Semi-Annual Spring Job Fair
March 22, 2017
9am-2pm
Fine Arts Quad
**Dress Professional** Bring Resume Be Prepared**
Open ASO Positions

ASO is currently looking for students to fill the following positions on our Executive Board. If you are interested in a position, please come by SSV 180 for an application or come to our meetings every Tuesday at 4 p.m. in Library 201.

Vice President of Academic Affairs
Executive Director of Public Relations
Senator Rhetoric and Literacy
Senator Career Tech Ed
Senator Arts and Humanities

Two teens are sexually assaulted by boys they considered friends, humiliated online and harassed by their communities.

Wednesday, March 29th

2-4pm
Student Lounge
Beginning with the 2017-18 academic year, Cal Grant eligible students are advised to satisfy specific requirements on their WebGrants for Students (WGS) account to claim their award.

- Confirmation of School of Attendance: Students have the capability to select the “Confirmation of School of Attendance” link in WGS to confirm the school they will attend during the 2017-18 academic year.

- High School Graduation Confirmation: Beginning the first day of the month of the student’s graduation, students will have the capability to select the “Submit High School Graduation Confirmation” link in WGS to confirm they have graduated from high school.

Students who are required to fulfill these requirements will see a red stop sign. Once satisfied, the red stop sign and links will disappear.

A five minute Claiming Your Cal Grant Award module has been recorded to assist students with this process. This module is available under the Getting Started link from the Students and Parents tab on the www.csac.ca.gov website.

For more information on the Cal Grant Awarding Process, click here: Cal Grant Awarding Process Flyer 2017-2018 Cal Grant Deadline.

Students need to complete their FAFSA or Dream Application by March 2, 2017 to meet the 2017-2018 Cal Grant Deadline.

Financial Aid Literacy Event

Save your pot of gold for a rainy day, and gain a rainbow of riches! AVC is proud to announce a Financial Literacy event designed to provide students with information on building financial stability through basic money management strategies.

We will have various professional speakers that are experts in the business of how to develop a budget, the importance of checking your credit report for identity theft and other tips on how to save for a rainy day.

It will be held March 16 in SSV 151 from 3-4:30 p.m. Snacks will be provided. Hurry! Seats are limited." To RSVP (by March 13) please e-mail Tony Sanchez at vsanchez20@avc.edu or through the link: https://goo.gl/forms/J2grKEZLd289YXUG2
Student Health Services Presents:

Dental Health Day

GET SCHOOLED IN DENTAL 101

Please join us at the AVC LANCASTER CAMPUS
in the Student Lounge
on Thursday, March 9th
10:00 - 11:30 a.m.

or

Please join us at the AVC PALMDALE CENTER
in the Learning Center
on Thursday, March 9th
2:00 – 3:30 p.m.

- Test your Dental IQ
- Informative presentation
- Dental Health Education

Representatives from Western Dental will be on site to answer your dental questions and provide information about their services

ANTELOPE VALLEY COLLEGE
Student Health Services

Presented by: Student Health in (SSV 180) or call (661)722-6300, ext. 6683.
Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/relay).
This memorial of 23 life-sized portraits depicts the fallen Marines and Navy Corpsmen of Columbus, Ohio based Lima Company 3/25, one of the most heavily engaged units of Operation Iraqi Freedom. It is a powerful traveling tribute honoring "ALL Who Answer Our Nation's Call: Then, Now, and Tomorrow."

**March 20–24, 2017 | AVC Art Gallery**

**Reception:** March 20, 6 pm

The AVC Art Gallery will be open for viewing the tribute during the following hours: Monday–Thursday, 9 am–9 pm and Friday 9 am–2 pm.

For more information, contact the AVC Veterans Resource Center at (661) 722-6300, ext. 6342.

EyesOfFreedom.org
Upcoming Student Equity Events

NEED HELP GETTING TO SCHOOL?
AVC has partnered with AVTA & AVAQMD for FREE STUDENT BUS PASSES.

AVC Student Bus Pass Program is now accepting applications!!

WHAT IS THE AVC STUDENT BUS PASS PROGRAM?
The program is funded by the AV Air Quality Management District (AVAQMD), AVC Student Equity, AVTA, and other categorical programs on campus, which are designed to help increase access for students. The pass is valid for 16 weeks on all local AVTA bus routes. Students will be required to show their AVC student ID card in addition to tapping the pass on the bus fare box when boarding the bus. Sign up at https://www.avc.edu/administration/organizations/equity

TO BE ELIGIBLE FOR THE PROGRAM, YOU MUST:
*Currently be enrolled as an AVC Student in six or more units per semester.
*Making satisfactory academic progress.
*Have a cumulative 2.0 GPA or higher.
*Notification will be emailed to your AVC Email.

FOR QUESTIONS REGARDING THE AVC STUDENT BUS PASS PROGRAM CALL 661.722.8324

MIDTERM STUDY JAM
STUDENT LOUNGE

“ACTION IS THE FUNDAMENTAL KEY TO SUCCESS.” -PABLO PICASSO

10AM-6PM Everyday
March 21, 2017
March 22, 2017
March 23, 2017

- Tutoring
- Food
- Study Materials
- Sign up now!

VISIT AVC.EDU/STUDENTEQUITY TO MAKE AN APPOINTMENT WITH A TUTOR. *By appointment only

What Subjects do YOU need help with?

Upon request up to 5 business days before the event, reasonable accommodation will be provided to facilitate the participation of cover individuals with disabilities. 661-722-4970 (Voice/Relay)
Texting and Driving

- Sending or receiving a text takes the drivers eyes off the road for an average of 4.6 seconds, that is about how long it takes to drive across a football field at 55 mph blind. Source: VTTI
- Texting while driving could create a crash 23 times worse than a driver that is not distracted. Source: VTTI

Wednesday March 15th

TIME: 2 - 3:30 p.m.

PLACE: Student Lounge

Light snacks will be provided and a presentation by CHP Public information Officer Gil Hernandez

JOIN US TO LEARN THE DANGERS OF DRUNK DRIVING AND DISTRACTED DRIVING!

CHOOSE YOUR RIDE, DON’T DRINK AND DRIVE. YOU BOOZE, YOU CRUISE, YOU LOSE.

Presented by: Student Health Services in (SSV 180) or call (661)722-6300, ext. 6683.
Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/relay).
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Health Mental Health Awareness 10-11:30 a.m. Student Lounge Outreach Study Abroad Information session 3-6 p.m. Student Lounge</td>
<td>Dr. Suess Day FYE Kickstart to Midterms 10-11:30 a.m. &amp; 3-4:30 p.m. Learning Center 113</td>
<td>Last Day to apply for AVC Foundation Scholarships. Guardian Scholars Eastside HS &quot;Independent City&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Mental Health First Aid 8 a.m. - 5 p.m. Student Lounge</td>
<td>Student Equity Tabitha Christopher 2-4 p.m. Student Lounge</td>
<td>Student Health Dental Day 10-11:30 a.m. Student Lounge Lancaster Campus 2-2:30 p.m. Student Lounge Palmdale Campus.</td>
<td>Law Career Day 9 a.m. - 4 p.m. Performing Arts Theatre</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Yoga Club Yoga session 1-2 p.m. Student Lounge</td>
<td>Veterans Resource Center MRE 2-4 p.m. VRC</td>
<td>ICC Meeting 2-4 p.m. Library 201</td>
<td>Student Health Services Quit Smoking Event 10-11 a.m. Student Lounge</td>
<td>ASL@AVC Silent Game Night 5:30-9:30 p.m. AVC Cafeteria</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Yoga Club Yoga session 1-2 p.m. Student Lounge Veterans Resource Center Eyes of Freedom AVC Art Gallery Reception 6 p.m.</td>
<td>Student Equity Study Jam 10 a.m. - 6 p.m. Student Lounge Student Equity Candid Conversations Study Habits Student Lounge ASO Meeting 4 p.m. Library 201 Veterans Resource Center Eyes of Freedom AVC Art Gallery FYE Mid-Semester Check-In</td>
<td>Job Placement Job Fair 9 a.m.- 2 p.m. Fine Arts Quad Student Equity Study Jam 10 a.m. - 6 p.m. Student Lounge Veterans Resource Center Eyes of Freedom AVC Art Gallery</td>
<td>Student Health Services Quit Smoking Event 10-11 a.m. Student Lounge Veterans Resource Center Eyes of Freedom AVC Art Gallery Student Equity Porch Talk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Student Health Services Women's Health 9-11 a.m. Student Lounge Yoga Club Yoga session 1-2 p.m. Student Lounge</td>
<td>Veterans Resource Center MRE 2-4 p.m. VRC</td>
<td>Oasis Committee Audri &amp; Daisy Movie 2-4 p.m. Student Lounge ICC Meeting 2-4 p.m. Library 201</td>
<td>Student Health Services Quit Smoking Event 10-11 a.m. Student Lounge</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>